### Best Methods For Teaching Temperance

By Jean Adams Haynes, Tea cher of English in Sunnyside High School, Wilkinsville, S. C.

the teachers' prize essay contest or ance families for ten years. He Nine dollars tax on every family, over

ondly, abstinence from things danger sulted in insanity, epilepsy, nervous- drink more heavily than in America. H. Mann and Joseph Hartman, Jr., cisions were announced this week by ous, as the use of intoxicating wines." ness, poor health and dwarfish phy- What a burden on the nation! What in his "Memoribilia," as basis, the convincing—to some, they are strong farmer—the man who raises the grain the lease and will start two additional Harrison, two from Lewis and one teachers in the grades, high schools, or than moral sussion. Picture what and the fruits that make the liquor colleges, universities, are searching to one bushel of corn produces when get? How much would be be affected know how such temperance instruc- made into whiskey; contrast with its if the traffic should cease? What fac tion can best be imparted to their use as food. On a bulletin board print tors make the profit to the liquid

to be taught in its schools; many have halls blazing with temperance light. fact, however, that the greatest eco-

come, as did the prophet of old, fresh fed this poison. from an altar where the live coal has Presenting temperance subjects in- and insurance companies that charge touched his lips and when all was a terestingly in connection with physi- higher rates for such risks. Hold

tories for prohibition.

As in all teaching, that on temperance should be graded. In the primary classes the story form is accepted by educators as the best. Literature abounds with material which may readily be adapted for the lower grades. Bible stories, of course, come first, Tennyson's "Idylls of the King" -that treasure house-gives King Arthur, whose only fault was that he had no fault; Sir Galahad, whose strength was as the strength of ten because his heart was pure; Sir Garet, who humbled himself that he might be exalted. In "Ivanhoe" come pictures of the "Saxon serf who drowned the sense of his half year's hunger and thirst in one day of gluttony and drunkenness." "The King and His Wonderful Castle" furnishes suggestions for a whole series of lessons. History and biography, as well as mythology, are rich with lessons for temperance teaching, and illustrative lesson manuals are these were exhausted, the daily paschool room during the temperance lessons. The re-telling of the story by the child and, later, the reproduction writing impresses the lesson. Memorizing poems and singing songs full of temperance truth will bear fruits for sobriety and right living

graph and enlarged some of the best a slave, chained to obey the mandates speedy victory over alcohol? Are they pictures for posters. These were used of his lowest nature. not only in the school, but in the

in his study of the history of ten fam- ing would be amply justified.

like to increase their weight with 10 or 20 pounds of healthy "stay there" with their meals for a while and note First weigh yourself and measure yourself. Then take Tonofor two weeks. Then weigh yourself and think. The scales and the tape new flesh stays put.

easily assimilated form which the throughout history temperance has blood can readily accept. All this grown with civilization. Advertisement.

(This essay received \$50 in gold in illes of drunkards and ten temper- woman and child in the United States methods of teaching temperance.) shows how the use of alcohol by the \$300 for every family that drinks. In "Temperance means, first, modera parents decreased the birth rate, England, Germany, Austria and most tion in healthful indulgence; and sec caused excessive infant mortality, re- other European nations, the people With this definition given by Zenophon siques. Facts and figures are most part of this expenditure does the With almost prophetic sight, Frances hibition sentiment: "King George for ford to license saloons? Such ques-Willard wrote: "In the school of the Prohibition"; "Czar Nicholas Banishes tions answered by classes will send future, carefully trained hygienists Vodka"; "Italy Prohibits the Sale of them to libraries for research and open will be steadily at work studying the Strong Drink"; "No More Absinthe," avenues for advancing temperance habits of the children and teaching says France; "The President of France doctrine. Here, too, should be inthem on scientific grounds how they a Tcetotaler"; "Eighten American cheled notes of how small is the share may form those upon which physical States Vote Out the Liquor Traffic"; of the wage earners engaged in handsanity is conditional. The decalogue "1,500 'Ad' Men Cheer for Curb on ling liquor and what proportion of this of health must be learned in our pub | Drink"; "Physicians and Business outlay goes to the government by lic schools." Today every state has Men Back of the Prohibition Move- which it it countenanced.

special teachers of temperance, and Experiments, too, that have been nomic burden caused by liquor is not the teaching profession is in the fore- made in the school room may be pre- the money spent at the saloon, but front of the battle against the use of served or repeated at the exhibit, the reduction in the producing ca-With a piece of bread, potato, some pacity of the nation. Show its burden The first requirement in teaching grains of barley-or with various on labor. Quote John Mitchell, vice temperance is for the instructor to fruits-demonstrate how alcohol is president of the American Federation ical, sermonizing, canting man or wom- that are floating in the air. Make tests working man does not yet earn an should presume to handle such similar to those of Dr. Richardson's enough money to give his family all tools, with which character is being with the jelly fish, and Dr. Abel's with the comforts they deserve. He has no built. The teacher must not only animals. Use the animal life-tadpole, money to spend on drink without robknow the history of the "liquor insti- flea or frog-most accessible. Place bing his family." How does defink aftution"; the effect of alcohol on one in a jar of water, the other in a fect wages? On which side is the health; its startling toll of insanity, jar of water to which a small quantity saloon, labor capital? "What should disease and death; its iniquitous drain of alcohol is added. Note effects. Make a government do with a traffic that on national resources; its burden laid this same experiment on two plants in wastes wealth and capital and inupon labor; its grasp on social, polit- different pots; the one moistened for jures labor?" Write essays on "Drink ical and governmental institutions; a week or two with water and alcohol the Enemy of the Worker"; "How to and its insiduous opposition to educa- droops and dies. Show that all liquors Make the Working Man Appreciate tion-this knowledge alone is insuf- have alcohol in them, and that neither the Consequences of Drink." Make ficient. He who would teach must animals nor plants can thrive when a list of prominent business houses

tremble at the presence of the living ology and hygiene is most helpful. Let quizzes to show that the saloon is a God. For, like Isaiah's, this message, each pupil have a blank book cover losing proposition for the social and too, is for a people who hear without decorated by himself on which he economic welfare of any people. understanding and see without per- prints: "The Architect." If he can- Still another course of lectures may not draw, he will be interested in find- take the liquor traffic as found in pol- week getting his new store room in Is it possible for every teacher to ing pictures to illustrate the pages for itics and government. Why is the be thus "fired?" Yes. Knowledge be- each lesson. Here is reproduced the traffic in politics? How does the sagets enthusiasm, and knowledge is teacher's talks on building these tem- loon control votes? What are the evipressing its acceptance through books ples-our bodies, the material used, dences of its corruption in politics? ling citizens of the Highland district magazines, bulletins, charts, pamph- where found, and how to get them. In morals? What is the saloon pow- who last summer purchased a valuable lets, and the daily press, eager to be "Know ye not that your body is the er? Ask a lawyer to address the dairy farm just on the outskirts of transmitted by the living voice, the temple of the Holy Ghost" inspires a school on such themes, and have stuan intelligent sympathetic teacher, ple not only beautiful but clean and intelligent sympathetic teacher, ple not only beautiful but clean and After a foundation is laid by in- Wood county property and purchased His library is incomplete without sev- strong. Various helps for these are telligent study, pupils of all classes a large portion of the famous Meeral standard books on the subject of obtainable from the Sunday School are prepared to appreciate how alcohim reports from the most recent vic- national Women's Christian Temper- ments for the spiritual good of man. about the finest soil in the county. ance Union headquarters, from the Have the pupils make a list of the Temperance Educational Quarterly, chief pleasure furnished by alcohol manuals for teaching temperance, and and the saloon and a list of the chief from the different texts on hygiene miseries. Compare these. How does in the schools. This kind of book is liquor affect mission work? How af- Joseph Hartmann, Jr., of Pittsburg. most interesting to children, even in fect character? In what way is the

> instruction, without leaving the foun- and churches fight the saloon? Offer dations, will broaden in scope. Al- prizes for the best papers on some of ways, however, the voice of science these. will be heard declaring against alcoholic beverages. Children of larger been looking primarily towards the growth are intensely interested in school room. But many apply as well stories of experiments such as Dr. to teaching communities, countles, Hodge of Clark University conducted states, nations. For broader public with the cocker spaniels; or the tests work, the prize essays as conducted of efficiency in marksmanship given by the Women's Christian Temperance by the Swedish government; or con- Union and anti-saloon league in countests between alcoholic and non-al- ty and state are excellent. Nothing coholic soldiers' marching cited by the perhaps stirs a big crowd more than German officials; or the effects of al- the contests in oratory and in song cohol on typesetters, as noted by Dr. arranged by the Women's Christian Aschaffenburg of Heidelberg; show Temperance Union contest departthat use of tobacco lowers scholar- ment. Lectures, clinics, special proship, as proved by Dr. Holmes of the gams for Independence day, public to her home in the Buckeye state. University of Pennsylvania. Such in debates, press departments, exposiformation-ali of which is easily ob- tions, are all powerful agents to teach tainable-forces students to realize the truths concerning alcohol, the that "self reverence, self knowledge, arch deceiver, the greatest enemy to self control, these three lead life to individual and national grandeur. sovereign power."

sive. He shows that alcohol has a superintendent of scientific temperspecific affinity for the brain centers ance instruction sings it: Children use their eyes more than and begins its fatal seiges first on "Not she who rocks the cradle their ears, hence an exhibit appealing the highest, latest developed centers. But she who holds the rule; to sight will be most effective for them that in which conscience resides. This The mighty fate of empires and their parents. Charts, pictures, inhibition center degenerates, and self Lies with the public school." stereopticons and various object les- control and self restraint disappear. Are you, teacher, enlisted in this sons will occur to the well informed Knowledge may sit on its tottering army? teacher, and the children themselves throne for a while, but it, too, yields your heart throbbing with eagerness ject. One school bought a panto- ples down and leaves the former man an intense ambition to help win a membership.

After learning that alcohol is often Are they singing: churches, and hung in conspicuous responsible for hereditary insanity, a "It's a long way to prohibition, places to help forward temperance large per cent of tuberculosis of the But a sure way to go; sentiment in a campaign for prohibi- lungs, pneumonia, heart disease, pa- It's the best way to bring salvation tion. The prepared charts are splen- ralysis, apoplexy, cirrhosis of the liv- To the greatest land I know." did, but for a few cents the teacher can er, and other fatal ailments-bringmake his own charts enlisting the pu- ing the conservative estimate of its cils of nations and wield a power at pil's aid and interests, in noting the annual death toll up to 66,000 in the which angels may wonder. effect of alcohol and tobacco on plant United States alone-the student becomes convinced that if for no other One poster compares the figures giv- reason than the prevention of bodily en by Professor Demme, of Stuttgart, affliction, prohibition of liquor drink-

But the teaching of temperance would be incomplete did it confine itself to portraying the effects of alcohol on the human body, full as this field is. In the high schools and colleges further study will prove that the alcohol question presents itself fat should try eating a little Tonoline at every corner to every man and woman desirous of solving the great social. economic and political problems of the world. Mill says, "All trade is a social act." The traffic that supplies drink is almost exclusively social. fails. Combine temperance instruc-Have essays written on such subjects lican county executive committee of first two weeks by following this as "Drinking among the Greeks and Ritchie county met today at Harris- Gregor China Company and the Lamsimple direction, and best of all, the Romans"; "Intemperance in Bible ville and plans for the coming cam-Lands"; "Intemperance in the Days paign were discussed. The meeting Tonoline does not of itself make of the Puritans and Pilgrims"; "Al2 was largely attended. fat producing nourishment for the cohol and Good Fellowship"; "How turns the fats, sugar and starch of the Liquor Problem Has Developed." B. S. Say, of Finch, has purchased indexing records. what you have eaten into rich, ripe Introduce debates on subjects follow- the old oil well on the George Miller faturoducing nourishment for the ing such a series of essays; for ex- farm, near League, and will clean it tissues and blood-prepares it in an ample. debate: Resolved: That out and try to increase the production.

nourishment now passes from your Another series of lessons may be burg, a special commissioner, has sold pump, body as waste. But Tonoline stopa based on the study of the public cost the lease owned by the Neal Oil Comthe waste and does it quickly and of liquor-the waste it entails. Dif- pany, consisting of the W. S. and J. makes the fat producing contents of ferent colored ribbons or lines may C. McGregor lease, a small oil well, the very same meals you are eating indicate the amount of money spent together with oil well machinery, to now develop pounds and pounds more for bread, meat, gum, tobacco, whis- Henneghan and Hanlon, well known of healthy flesh. Tonoline is safe key and for missions and education. Sistersville operators, for \$3,000. The pleasant, efficient and inexpensive. It will be found that the annual cost property is located on Bond creek. For sale by Wells-Haymaker Co .- to the American people is now more three miles north of Ellephora than \$1,700,000,000-\$18 on every man, A

in bold type recent successes for pro-dealer unusually large? Can we af

that will not employ a drinking man,

As the pupils advance, temperance school? Why and how should schools

For the most, these "methods" have

A study of the order of brain devel- tle? They are coming; many have ar-

Then you, too, may sit in the coun- Law, at Clarksburg.

Sunday Telegram's Correspondent at Ellenboro Writes Breezy News Letter.

Attorney C. D. Forrer, of Parkers-

ing in this property.

The Imperial Oil and Gas Products Company, who drilled in the fine producer on the Willis Keith farm a few weeks ago, and shut it in, are now about ready to open the well and start Holds That Fright from a Train work in the mine, and an employe without fault or negligence of the other work. The delay was caused by a valuable bit of territory being unleased, just ahead of the big gusher, the heirs living in Oklahoma and California, but Superintendent John

Miss Lavina Engle, of Washington, D. C., field secretary for the national Pennsboro February 29, to meet the others. suffragists of Ritchie county.

also one against the Premier Glass as follows: a law requiring scientific temperance ment." Have the school room and Special stress should be laid on the Company et al and George Querti- "1. To have the effect of construc-

> Elsworth Satterfield, of Connells- fore it is recorded. ille, Pa., has been visiting here this week, having been summoned to at- of acknowledgement unsigned by the curred at Hebron.

Mrs. W. D. Herndon, of Harrisville, a visitor in Buckhannon this week.

County court will convene Monday for the purpose of appointing registrars and transacting any other business that may come before it.

Mrs. Mary J. Vannoy, wife of the Rev. L. S. Vannoy, the popular Harrisville minister, died at her home last Saturday, aged 56 years. Her death was caused by an aggravated case of la grippe. Mrs. Vannoy was devout Christian and a prominent Woman's Christian Temperance Union

Emmett H. DeLancy is busy this shape on Wager street.

Joseph Mihlbaur, one of the hust-

gas production near Harrisville, of able consideration.

caught its leg in a hole, broke it and the animal was shot to relieve its suf-, The syllabus is as follows:

rietta, O., who has been a guest of her the moving engine and cars, became consideration of the annual payment brother, Sam P. Rogers, has returned unmanageable and beyond the control of money in lieu of drilling.

of Mrs. S. D. Riley, in the John Wig- tracks and by the side of the movner building, Thursday afternoon.

opment, such as Dr. W. A. Chapple, rived. Whence From the schools of ers, who has been critically ill, con- bankment and was killed. M. P., suggests is wonderfully imprest he many lands. As our own national tinues to grow better. His brother, "No part of the train touched the Dr. Will Boyers, of Fairmont, has re- horse; there was no unusual or un-

vania racing circuit. This circuit has damages for the destruction of the Your head is convinced; is a very compact and desirable mem- horse. will invent ways to illustrate the sub- to the onslaughts of the enemy, top- to lodge in the pupils entrusted to you will be fortunate to be admitted to cuit court was reversed and the cause

> at Bremen, O., looking after inter- judge. The syllabus is as follows: ests of the Carter Oil Company.

Alex Foreman, of Morgantown, state World, who has been spending a few lays among the lodges in Ritchie county, has returned to his home.

"Dick" Fitzwater, popular news dealer, has moved into the E. H. De-Lancy dwelling, in the west end.

"Grandma" Law, mother of M. L.

ents, B. D. Lattimer and wife, at Har-

Harlan B. Reed, well known trav-

A centrifugal pump that has been invented in England is said to handle unscreened sewage of a consistency that would choke any other type of

SWITZER BROS. French Dry and Steam Cleaning

412 N. 5th St. Work called for and Delivered.

# M. Naughton, Cornwallis oil well contractor, has sold a large gasser and lease on Lynn Camp run. It is said he received \$10,000 for his hold-DECIDES CASES

Entitle to Damage.

CHARLESTON, Mar. 4.-Seven dehave recently returned from a trip the supreme court of appeals, two of west, and it is said they have secured them being from Kanawha, two from from Mineral county. The judgment of the Kanawha circuit court was affirmed in the case of the South Penn Oil Company and others against the is relied on in defense of an action the demand is based upon principles woman suffrage association, visited Blue Creek Development Company and for wrongful injury, a hypothetical in of equity and justice, as for fraud or

of valuable land on Blue creek is in- erence to the facts tending to estab- take jurisdiction at the suit of the The February term of circuit court volved. A large number of persons lish contributory negligence, and enhas adjourned, and was devoted to were interested in the outcome of the tirely ignores such defense, is erron- the suit of a surety of such fiduciary chancery business. A judgment was case, the clerk of the court having re- cous." rendered against the Electric Under- ceived many telephone inquiries about. In the case of state against Somcurrent Company in favor of the Man- it in the last few days. The syllabus mers, from Lewis county, the judghattan Brass Company for \$498.65; of the opinion, by Judge Williams, is ment of the lower court was affirmed; able to an administrator in his fidu-

mont for \$4,476.22 in favor of E. W. tive notice to subsequent purchasers, a deed must be duly executed and properly acknowledged or proven be- color of title to an occupant of land bank with notice of fraudulent intent "2. A deed containing a certificate tion 3, article 13 of the constitution.

tend the funeral of his sister-in-law, notary, by whom the acknowledge- to answer as colorable title if it de- of the funds, and to render it liable be on fire! No lukewarm lackadais made. Explain about the yeast plants of Labor, who says: "The average for the default of the fiduciary. and not otherwise proven, is not a to lands of adjoining owners. recordable paper.

"4. Where, in a suit involving con- the required time." flicting interests in land, plaintiff in- The decree of the Mineral circuit troduces in evidence an original deed court was affirmed in the case of the appropriating the funds, or receiving on which is endorsed the clerk's cer- Davis Trust Company against Price tificate admitting it and the certifi- and others; Williams, judge. The cate of acknowledgment thereon to syllabus follows: in Ritchie county. He has sold his in such cases does not collaterally tator meant 'each' and each child on

Henneghan and Halon, oil and gas while such other must prove that he is not thereby estopped from getting producers, have purchased the oil and is a complete purchaser for a valu- up his true character as trustee and

The sale includes the leases of Haw- finding of fact on conflicting oral tes- In the case of Bond against Priest, saloon the worst enemy of the public kins, Pierpoint, Harris, Tapp, Moats timony, unless such finding is against from Lewis county, the judgment of timony, unless such finding is against the leaves county, the judgment of timony, unless such finding is against the leaves county, the judgment of timony, unless such finding is against the leaves county, the judgment of timony, unless such finding is against the leaves county, the judgment of timony, unless such finding is against the leaves county.

Owing to the condition of the coun- In the case of Kunkle against the er, judge. The syllabus is as follows: y roads in this section, A. J. Glass Baltimore and Ohio railroad, from had the misfortune to lose a valuable Harrison county, the decree of the ing a tract of land subject to an oil draft horse Wednesday. The horse lower court was reversed and the ac- and gas lease under which the lessee tion was dismissed; Mason, judge. has a right to drill or pay money in

Attorney Homer Adams has re- to and adjoining the railroad, and sequent one and expressly authorizing urned from a business trip to Clarks- while a freight train consisting of the grantee to lease the land for oil Mrs. Thomas Elsworth Dye, of Ma- ened at the noise or from the sight of

The aLdies' Aid Society of the Meth- turned it loose near the railroad track The condition of Dr. Charles L. Boy- mile, and then jumped over an em-

tion has made application for member- the train. The railroad company un-

bership and the local organization. The judgment of the Kanawha circase of Petry against the Cabin Creck Joe G. Dawson spent the last week Consolidated Coal Company; Mason,

"1. A corporation engaged in the business of mining and removing coal, Miss Helen Lininger, of Harrisville, and using cars in the mine for the is a guest of her sister, Mrs. Clyde purpose of hauling coal from one part to prevent, in a proper way, the em-

ing on such cars,

engaged in the business of mining or upon any car, engine or motor, do employe shall travel to or from his Law, died at Lawford a few days ago, tor road when any other road is provided or may be used, and employes Mrs. L. L. Headley, of Pittsburg, ing any haulway in traveling to or knowingly and habitually permit its employes to disregard such rules, it may be presumed that the rules have

bertville, N. J., brand of rubber goods. "3. A corporation engaged in mining and removing coal, cannot relieve Miss Nan Carpenter is employed in itself from responsibility for damages sustained by its employes, caused by the negligence of the employer, by adopting and promulgating a rule such as rule fourteen quoted above, which does not forbid employes riding on the employer's cars while at work in the mine, but seeks to make the employes assume all risks, and thereby relieve the employer from responsibility for damages caused by its own negligence.

"4. When a coal company adopts a rule for the government of persons working in its mines, such as rule fourteen quoted above, and notwithstanding the rule permits its employes to ride on its cars while at

Regularly Run Does Not company while engaged in its business and while on such car, the com- is as follows: pany can be compelled to respond in damages for injuries so caused by its

> "5. In action to recover damages for injuries caused by the negligence been guilty of contributory negligence he cannot recover.

struction directing a finding in favor participation by defendant in a breach An oil and gas lease on fifty acres of the plaintiff, which omits any ref-

a stranger to the title, may serve as claiming the forfeited title, under sec- of the fiduciary to misappropriate the

"2. Such deed is sufficiently definite

"3. The admission of a deed and of forfeited title, whether as of the fiduciary to individualize it, a bank has an unsigned certificate of acknowl- first or third class of persons de- ordinarily no right to exercise a suedgment thereon to record, by the scribed in section 3, article 13 of the clerk of the county court, and tran- constitution, is not affected by the is- deposit, nor to refuse payment of the scribing it into the record book, does suance of summons against him in a fiduciary's checks drawn against him not constitute such deed a part of the proceeding by the state to sell the account. record, so as to affect a subsequent land as forfeited. His right is propurchaser of the land thereby con- tected, if, at the date of the decree, veyed with constructive notice there- the period of the required occupancy is complete and he has paid taxes for

record, such certificate of acknowledgment bearing the notary's signature; had bequeathed a share of his estate, and the defendant · presents in evi- died, and he thereupon made a codidence a copy thereof, attested by the cil, giving her share to her three chilclerk, showing the certificate of the dren in the following manner: 'I wish notary to be unsigned, a discrepancy her share would be distributed among is thereby shown to exist in the documentary evidence of the record, and Catherine Price and that their share parol evidence is admissible to deter-mine whether or not the notary's cer-Company of West Virginia at Elkins. as all the record, but is proper to de- arriving at 21 years of age, was en-

the clear preponderance of the evi- the lower court was reversed, the

"While the plaintiff was riding his serving to the grantor a share of the horse along the public road, parallel royalties under that lease or any subforty or fifty loaded cars was passing and gas purposes and take the rentals along the railroad, the horse, fright- may rightfully extend the existing

> "2. A demurrer to a special count in a declaration in assumpsit, alleg-

counts, not sustained by any evidence upon documentary evidence showing army.

no right of action in the plaintiff, the appellate court will not remand the case for amendment of the declaration, nor for new trial, but will reverse the judgment, set aside the finding, sustain the demurrer to the special count and render a judgment nil capiat."

The decree of the Harrison circuit court was affirmed in the case of the United States Fidelity and Guaranty Company; Miller, judge. The syllabus

"1. When a demand, whether arising out of the relationship of principal and surety or upon contract, express or implied, is purely a legal one. and not requiring the intervention of of the defendant, if the plaintiff has a court of equity for its enforcement, equity is without jurisdiction to grant relief.

"2. But where there is no privity "6. When contributory negligence of contract between the parties, but of trust by a fiduciary, equity will and by substitution grant relief against an intermeddled with the trust funds.

"3. The mere fact that checks pay-Williams, judge. The syllabus was as clary character are offered for deposit in a bank, and, by direction of the "1. A deed, even though made by fiduciary, credited to his individual account, is not sufficient to charge the trust fund, or to require the bank to supervise the subsequent distribution

"4. Unless there be something in 3. The occupancy of a claimant the character of the account of such pervisory control over the funds on

"5. To render a bank liable in such cases for the defautl or misappropriation of funds by a flduciary deposited to his individual or fiduciary account, the bank must have participated in the fraud or misappropriation, as by payment out of such fund on the individual indebtedness of the fiduciary to it, or by otherwise co-operating iv the fraud of the fiduciary."

### MILES OUTLINES HIS PREPAREDNESS PLAN



General Nelson A. Miles.

A regular army of 150,000 men organized to the minute and readily capable of expansion under the same officers into an army of 400,000 on a fighting footing, with the national guard organized on identical lines, and an ample number of submarines and seaplanes, constitute the fundamentals of the preparedness plan of Lieut, Gen. Nelson A. Miles, veteran of the Civil war, Indian fighter and one time commanding general of the

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Especially recommended for headache accompanied by a nauseated condition of the stomach commonly known as "sick headache."

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